



2025 Canada Summer Games Soccer Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the Host Society by detailing competition formats and scoring procedures, assist Provincial/Territorial (P/T) Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coach certification by stating minimum requirements, and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "Train to Compete" phase of its Long Term Development (LTD) model, or other suitable phase of LTD as justified by the NSO.

Technical Packages are developed 36 to 24 months prior to the Canada Games primarily by NSOs, following the Canada Games Council's (CGC) [Principles that Govern Technical Packages](#). As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO.

Relevant Games stakeholders, specifically Provincial/Territorial Sport Organizations (P/TSOs) and P/T team staff, are encouraged to review the Technical Package in detail to ensure a thorough understanding. If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will submit the requested change or clarification to the CGC for consideration. Timelines for requesting changes to major elements of the Technical Package (i.e. team sizes, age categories, eligibility restrictions, events, competition formats) are outlined in the Principles that Govern Technical Packages. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six [6] months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games stakeholders early.

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2025 Canada Summer Games Soccer Technical Package

1. SPORT: SOCCER

2. PARTICIPANTS

2.1. Athletes

Men's Team: 18

Women's Team: 18

All registered athletes must intend to dress in at least one game.

2.2. Team Staff

Men's Team: 1 manager and 2 coaches; at least one of the coaches must be a man.

Women's Team: 1 manager and 2 coaches; at least one of the coaches must be a woman.

2.3. Additional Team Staff*

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have the same access as athletes and team staff.
- Venue Pass Holder
 - See [Venue Pass Holder Policy](#)
 - Venue Pass Holders do not have access to the field of play
 - Venue Pass Holder's venue access
 - Sport Operational Zone (Zone 2)
 - Back of House Zone (Zone 3)

* Additional team staff positions are administered by the P/T Team. Positions must be applied for based on each P/T Team's process. For information pertaining to the process in your P/T contact your Chef de Mission.

2.4. Support for Participants

The Canada Games Council recognizes there can be barriers to participation/attendance at the Canada Games. The below policies have been developed to provide support to participants when required:

- [Support for Breastfeeding/Chestfeeding Parents Policy](#)
- [Participant Assistant Policy](#)

3. **CLASSIFICATION**

MEN'S & WOMEN'S

- U17 as of January 1, 2025
 - Year of Birth: 2008 or later
- PE:
 - Permitted three (3) U18 players per gender
 - Year of Birth: 2007 or later
- NT, NU, YT:
 - Permitted nine (9) U18 players per gender
 - Year of Birth: 2007 or later

4. **ELIGIBILITY**

4.1. Athletes

Excluded from the Canada Games are:

- Senior National Team Members - Defined as: Athletes who have held an SR, SR1, SR2 or C1 card at any time; and/or athletes who are part of (on the roster of) a standing Senior National Team (i.e. recognized as a Senior National Team member regardless of event participation)
- Athletes who have previously competed at the following events:
 - FIFA World Cup
 - Olympic Games
 - Pan Am Games
 - Commonwealth Games
 - FISU Games
 - Professional Teams

- Any player who has played for another National Association Youth team is ineligible, unless they have received a change of association approved by FIFA. A player who is in the process of receiving a FIFA Change of Association may be deemed eligible on a case by case basis (reviewed by Canada Soccer and CGC Sport & Games Committee).

No athlete can be rendered ineligible within 90 days of the opening of the Games due to National Team status, carding status or competing in an excluded event (i.e., if an athlete is granted National Team status or carding status for the first time, or competes in an excluded event on May 11th, 2025 or later, they will still be considered eligible to compete at the 2025 Canada Games).

Athletes who hold a C1 card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective Provincial/Territorial Team Chef de Mission and approved by the Canada Games Council Sport & Games Committee.

All athletes must meet the eligibility regulations outlined in CGC's [Eligibility Policy](#).

4.2. Coaches

Head coaches must be Canada Soccer B-License Certified or Canada Soccer Youth License Certified + Competition Development Trained (completion of nine (9) NCCP Comp-Dev multi-sport modules).

Assistant coaches must be Canada Soccer C-License Certified + Competition Development Trained (completion of nine (9) Comp-Dev multi-sport modules).

Coaches must be so certified no later than 180 days prior to the opening ceremony (February 10, 2025).

Please refer to the CGC's Coach Certification Policy for additional information.

5. **COMPETITION**

5.1. Competition Format

Seeds 1 to 4 will be based on the final standings of the 2022 Canada Summer Games. All others will be determined by a draw which will take place at the Canada Soccer 2025 Annual Meeting of the Members.

Four groups of three teams, each playing a round-robin within the group. Teams are grouped as follows:

Men's Competition			
Group A	Group B	Group C	Group D
A1 - QC	B1 - ON	C1 - AB	D1 - NB
A2	B2	C2	D2
A3	B3	C3	D3

Preliminary Round Competition (Men's)

Each group (A/B/C/D) will play a round robin within their group. Preliminary round matches are worth 3 points for a win, 1 point for a tie, and 0 points for a loss. Teams will be ranked within their group from 1st to 3rd based on the number of accumulated points (see Section 6 for Tie Breaking Procedures).

Medal and Consolation Round Competition (Men's)

The first ranked teams of each group (based on the accumulation of points and tie breaking procedures) following the preliminary round will advance to the Semi-Finals (medal round). The second and third ranked team in each group will participate in the Knockout Round.

All Semi-Final and Knockout Round matches will be a single knock-out format with all teams advancing to placement matches to determine final rankings. These matches all require a result. Please refer to Section 6 for Tie-Breaking Procedures.

Women's Competition			
Group A	Group B	Group C	Group D
A1 - ON	B1 - QC	C1 - NS	D1 - AB
A2	B2	C2	D2
	B3	C3	D3

Preliminary Round Competition (Women's)

Each group (A/B/C/D) will play a round robin within their group.* Preliminary round matches are worth 3 points for a win, 1 point for a tie, and 0 points for a loss. Teams will be ranked within their group from 1st to 3rd based on the number of accumulated points (see Section 6 for Tie Breaking Procedures).

*In the women's competition, teams in Group A will play each other twice. These teams will be ranked 1st and 2nd and will proceed to the knockout round based on their ranking.

Knockout Round Competition (Women's)

The first ranked teams per group (based on the accumulation of points and tie breaking procedures) following the preliminary round will advance to the Semi-Finals (medal round). The second ranked team in each group will participate in the Knockout Round.

All Semi-Final and Knockout Round matches will be a single knock-out format with all teams advancing to placement matches to determine final rankings. These matches all require a result. Please refer to Section 6 for Tie-Breaking Procedures.

Placement Round for 9th - 11th place (Women's)

Third ranked teams from Group B, C and D will compete in a single round robin for the final 3 days of competition. These matches are worth 3 points for a win, 1 point for a tie, and 0 points for a loss. Teams will be ranked from 9th to 11th based on the number of accumulated points

All Medal and Knockout round matches require a result. Please refer to Section 6 for Tie-Breaking Procedures.

5.2. Duration of Play

All matches will consist of two (2) 40 minute halves.

A half-time interval not exceeding fifteen (15) minutes will be permitted.

There will be a maximum of thirty (30) minutes warm up on the field of play. This warm up period will be determined by the Canada Soccer Technical Representative and conveyed to the teams.

5.3. Substitutions

A maximum of five (5) substitutions can be made during the match and two (2) substitutes at half time. A player who is substituted out of the match cannot re-enter the match by means of a later substitution.

If any of the 11 starting players submitted on the start list are not eligible to begin the match due to injury or illness, they may be replaced by any of the eligible substitutes as long as the Technical Rep is officially informed prior to kick-off. The Technical Rep will advise the referee and the opponents.

Further to the above, any injured or ill player who is removed from the start list will no longer be eligible to take part in the match, and thus cannot be used as a substitute player at any time during the match. Such a change to the start list will not reduce the number of official substitutions that may be made by a team during the match.

Although no longer eligible to be used as a substitute, the injured or ill player who was removed from the start list may be seated on the substitutes' bench, and if so, would then be subject to the referee's authority and also be eligible for doping control selection.

Only the players who were identified on the official start list submitted to the Technical Rep or were confirmed as a warm-up injury/illness replacement player, may start the match. In the case of any discrepancies of players on the pitch at the beginning of a match, the matter will be submitted to the Technical Rep.

5.4. Abandoned Matches

5.4.1. Where a match is abandoned due to factors outside of the control of the participating teams (i.e. weather or floodlight failure) and more than seventy percent (70%) of the match has been played, then the score at the time of abandonment will be recorded as the final result, except if the match is tied and requires a result.

5.4.2. Where a match is abandoned due to factors outside of the control of the participating teams (i.e. weather or floodlight failure) and less than seventy percent (70%) of the match has been played, or more than 70% of the

match has been played where the match is tied and requires a result, the following principles will apply:

- a) The match shall recommence at the minute at which play was interrupted with the same score line;
- b) The match will recommence with the same players on the pitch and substitutes available as when the match was abandoned;
- c) No additional substitutes may be added to the list of players on the team sheet;
- d) Players sent off during the abandoned match cannot be replaced;
- e) Any sanctions imposed before the match was abandoned remain valid for the remainder of the match;
- f) The kick-off time, date and location shall be decided by the Host Society;
- g) In the final match where the match cannot be completed, the winner will be determined by the toss of a coin.

5.4.3. Where a match is abandoned as a result of a discipline issue from one of the competing teams, the team shall be considered as having lost. During the group stages, three (3) points will be awarded to the opposing team and a score of 3-0 recorded unless the score on the field at the time of abandonment is in favor of the opposing team by a greater difference than three (3), in which case the final score at the time of abandonment will be recorded.

5.4.4. In the medal rounds the opposing team will advance as winners. In all circumstances the offending team's conduct will be reviewed by the Canada Soccer Disciplinary Committee who may impose further sanctions ranging from a fine to exclusion from the competition as appropriate.

5.5. Weather Policy

Please refer to Appendix 5.

5.6. Cooling Breaks

Extreme weather conditions may warrant cooling breaks to be implemented during the course of a match in accordance with the protocols established by the FIFA Medical Committee and/or documented in the FIFA Football Emergency Medicine Manual. Such breaks will be considered on a match by-match basis. Responsibility for implementing and controlling cooling breaks resides with the referee.

5.7. Concussions & Other Injuries

A player who experiences a suspected concussion during a match must undergo an examination by the Host Society assigned doctor in accordance with the protocols established by the FIFA Medical Committee and/or documented in the FIFA Football Emergency Medicine Manual. The referee may temporarily suspend play for up to three minutes whenever an incident of suspected concussion occurs. The referee may only allow the injured player to continue playing with the authorization of the Host Society doctor, who will have the final decision.

In the case of a suspected concussion, or another serious injury/illness that may put the athlete or other athletes at risk of further injury/illness, the Host Society medical team has the authority to officially remove the athlete from competition. Where an athlete has been examined by the Host Society appointed doctor or a member of the medical team, the athlete will not be permitted to return to competition until they are officially cleared by the Host Society medical team. More details regarding withdrawal/return to play can be found in CGC's Medical Management Policy.

6. **TIE BREAKING RULES - COMPETITION**

- 6.1. In all matches beyond the Preliminary Round a result is needed. The match will go directly to the taking of kicks from the penalty mark at the end of regulation time except in the Final match.
- 6.2. In the Final match when the score is tied at the end of regulation time, extra time shall be played as follows: two (2) 15-minute halves. If the score is still tied at the end of extra time, the winner shall be decided by the taking of kicks from the penalty mark, in accordance with the IFAB Laws of the Game.

6.3. Round Robin Competition (Days 1 to 3)

The ranking of each team in each group will be determined based on the greatest number of points obtained in all group matches.

In the third match of any round robin, if the team not participating has zero points, has been suspended, or has withdrawn, the match shall be played to a decision in accordance with this rule. In the event that the score is tied after regulation time, the taking of kicks from the penalty mark, in accordance with the Laws of the Game, will be used to determine the winner.

If two (2) teams are equal on the basis of the above criteria, their rankings will be determined based on:

- a) Greatest number of points obtained in the group matches between the teams concerned (head to head competition);
- b) Kicks from the penalty mark as per the Laws of the Game, at a time and place decided by the Technical Representative.

If three (3) or more teams are tied in points in all group matches, the following are the only criteria to break the tie:

- a) Greater goal difference in matches between the teams concerned (head to head competition);
- b) Greater number of goals scored in all matches between the teams concerned;
- c) Greater goal difference in all group matches;
- d) Greater number of goals scored in all group matches;
- e) Drawing of lots to determine ranking at a time and place decided by the Technical Representative.

6.4. Medal and Knockout Round

All matches will be completed and a result recorded (see Section 5).

7. REGISTRATION & EVENT ENTRIES

7.1. Canada Games Council Registration Deadline

All participants (athletes, coaches, managers and additional team staff) must be registered in the Canada Games electronic registration system no later than 30 days prior to the Opening Ceremony (July 10th, 2025).

7.2. Canada Soccer Registration Deadline

All teams must complete Canada Soccer online registration no later than July 10th, 2025. The link for online registration will be provided to PTSOs once the draw is complete in May 2025.

8. SPORT SCORING POINTS

Sport scoring points are a tool used to determine the performance of a P/T Team across all events within a sport. At the conclusion of an event, sport scoring points will be awarded using the following criteria:

8.1. Team Events

- Teams will be ranked from first through last place
- If a team does not finish or is disqualified, the team will not receive sport scoring points
- Sport scoring points will be awarded based on the chart below

Placing	Points	Placing	Points	Placing	Points
1st	10	6th	5	11th	1.5
2nd	9	7th	4	12th	1
3rd	8	8th	3	13th	0.5
4th	7	9th	2.5		
5th	6	10th	2		

9. FLAG POINTS

Games to Games performance by a P/T Team at the Canada Games is measured by accumulated Flag Points. Every P/T Team is awarded Flag Points for its ranked performance in each sport in which it competes.

In Soccer, Flag Points will be awarded separately for women's and men's events based on the total of sport scoring points awarded.

After ranking the P/T Teams from first to last, and after any ties have been resolved as detailed in Section 10 (Tie Breaking Rules - Flag Points), Flag Points will be awarded as follows:

Placing	Points	Placing	Points	Placing	Points
1st	10	6th	5	11th	1.5
2nd	9	7th	4	12th	1

3rd	8	8th	3	13th	0.5
4th	7	9th	2.5		
5th	6	10th	2		

10. TIE BREAKING RULES - FLAG POINTS

All teams will play out positions 1 through last and therefore no ties will exist in final Provincial/Territorial rankings.

11. MEDALS

The Canada Games will award medals to athletes only.

Women's Team:

Gold: 18 Silver: 18 Bronze: 18

Men's Team:

Gold: 18 Silver: 18 Bronze: 18

12. COMPETITION UNIFORM

Provincial/Territorial colours must be worn. Additional information on each Provincial/Territorial team's colours can be found in Appendix C of the CGC's P/T Team Uniform and Sponsorship Policy.

All teams shall have two (2) sets of numbered playing uniforms (one light and one dark). A player shall be identified by the same number on both sets of uniforms. It is highly recommended that players' names be placed on the back of the uniform.

Goalkeepers must wear playing uniforms that distinguish them from the other players and the match officials. Each team goalkeeper must have three (3) sets of separate and different colour socks. Both the goalkeeper and substitute goalkeeper must wear the same colour playing jersey and socks.

Goalkeepers who are outfield players must dress the same as their team's players but still wear the same number as on the online team roster.

Teams must bring an additional Goalkeeper jersey with a number that is not allocated to any player.

All Teams must bring an additional light/dark jersey that has no number or a jersey with a number that is not allocated to any player in case blood cannot be removed from a jersey or a jersey is damaged beyond repair.

Players, including Goalkeepers, are not permitted to wear playing uniforms that clash with the colour of the match officials' kit. Goalkeepers must wear colours that distinguish him or her from the other players, the referee, and the assistant referees. If wearing long track pants the goalkeeper must wear their socks over their pants.

13. EQUIPMENT

The official match ball of competition will be size 5 and selected by the Canada Games Host Society and approved by the Canadian Soccer Association (CSA) Technical Representative. Teams will be notified once the selected ball has been approved by the CSA.

Undershirts must be the same colour of the main colour of the shirt sleeve; undershorts/tights must be the same colour as the main colour of the shorts or the lowest part of the shorts – players of the same team must wear the same colour. Players not complying will not be allowed to enter the field until the match officials are satisfied that the equipment conforms to the Laws of the Game.

Socks: If tape or similar material is applied externally it must be the same colour as the part of the sock it is applied to.

Players are not permitted to wear anything that is dangerous to themselves or other players. NO jewelry: including rings, bracelets (except medical alert bracelets — which must be either made of Velcro or similar soft material or covered with a sweatband), earrings, necklaces, other visible body piercing, etc. The practice of taping jewelry is not acceptable.

14. PROTEST & APPEALS

14.1. Canada Games Council Protest Policy & Appeal Policy

Appeals relating to this Technical Package or any decisions made by the CGC will be made in accordance with the CGC's [Appeal Policy](#).

Protests against the eligibility of players chosen to take part in the match must also follow CGC's Appeal Policy.

Protests relating to disputes between and among Provincial/Territorial Teams as it relates to the Canada Games Council (CGC) Policies, Procedures and Principles that Govern Technical Packages (PTGTP) will be made in accordance with the CGC's [Protest Policy](#).

14.2. Competition Protests

- 14.2.1. For the purpose of these Regulations, protests are objections of any kind related to events or matters that have a direct effect on matches, including but not limited to the state of and markings on the pitch, accessory match equipment, facilities, and footballs.
- 14.2.2. Protests shall be submitted in writing to the Technical Representative at the match not later than two (2) hours after the game and followed up immediately with a full written report, including the original protest, to be sent to the Canada Soccer General Secretary.
- 14.2.3. Protests for reasons outlined in art 14.2.4 and 14.2.5 below are subject to a fee in the amount of \$500 payable to Canada Soccer.
- 14.2.4. Subject to the conditions of art 14.2.6 below, protests against any incidents that occur during a match shall be made in writing to the Technical Representative at the match not later than two (2) hours after the match in question.
- 14.2.5. Protests against the state of the pitch, the markings, floodlights, the ancillary equipment (goals, etc.) or the match balls shall be made in writing to the Referee before the start of the match by the Official responsible for the team lodging the protest and followed up in writing to the Technical Representative no later than two (2) hours after the match in question.
- 14.2.6. No protests may be made against the Referee's decisions on points of fact connected with play, such decisions being final.
- 14.2.7. If any of the formal conditions of a protest as set out in these Regulations are not met, such protest shall be disregarded by the competent body.

Once the final match of the Canada Games has ended, any protest described in this article shall be disregarded.

- 14.2.8. If an unfounded or irresponsible protest is lodged, Canada Soccer Disciplinary Committee may impose disciplinary measures.

15. ANTI-DOPING

The CGC adopts the Canadian Anti-Doping Program (CADP) Covenant as a fundamental commitment to engage in a cooperative and collaborative effort to eliminate doping in sport and to support harmonized, coordinated and effective anti-doping measures in Canada. Any Canada Games participant (athlete, coach, manager, technical support, or other person) found to have committed an anti-doping rule violation at the Canada Games (as determined pursuant to the CADP) will be subject to all of the penalties and consequences, as outlined in the [Canadian Anti-Doping Program](#).

16. APPENDICES

Please review the attached appendices as they form an integral part of this technical package.

- APPENDIX 1 - Coach Certification Requirements
- APPENDIX 2 - Performance Guidelines
- APPENDIX 3 - Disciplinary Sanctions
- APPENDIX 4 - Cast and Insulin Pump Policy
- APPENDIX 5 - Lightning and Severe Weather Policy

APPENDIX 1 - COACH CERTIFICATION REQUIREMENTS

To be confirmed by Canada Soccer.

APPENDIX 2 - PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective NSO, at the request of the CGC and the Federal-Provincial/Territorial Sport Committee (FPTSC), to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of Long Term Development (LTD). These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

To be confirmed by Canada Soccer.

APPENDIX 3 - DISCIPLINARY SANCTIONS

1. *Minor infringements – Laws of the Game*

A player is cautioned if he/she commits any of the following offences:

Name/Description of Misconduct	Field/Administrative	Minimum Sanction
1. Unsporting behaviour	Field	Yellow Card
2. Dissent by word or action	Field	Yellow Card
3. Persistent infringement of the Laws of the Game	Field	Yellow Card
4. Delaying the restart of play	Field	Yellow Card
5. Failure to retreat the required distance when play is restarted with a corner kick, free kick or throw-in	Field	Yellow Card
6. Entering or re-entering the field of play without the referee's permission	Field	Yellow Card

A player who receives two (2) yellow cards in different games during the competition will automatically be suspended for ONE (1) game to be served in the team's next game.

2. *Serious Infringements of the FIFA Laws of the Game - Misconduct Against Opponents or Persons other than Match Officials*

Where a player is dismissed by a Match Official the following minimum suspensions are to be applied.

A player shall be dismissed if they commit any of the following offences:

Name/Description of Misconduct	Field/Administrative	Minimum Sanction
1. Serious foul play (including the use of excessive or brute force)	Field	A two (2) match suspension
2. Violent conduct (including elbowing, punching, kicking, etc.)	Field	A three (3) match suspension
3. Biting or Spitting at someone	Field	A seven (7) match suspension
4. Denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (except a goalkeeper within their own penalty area)	Field	A one (1) match suspension
5. Denying a goal or an obvious goal-scoring opportunity to an opponent whose overall movement is towards the offender's goal by an offence punishable by a free kick	Field	A one (1) match suspension
6. Using offensive, insulting or abusive language and/or gestures	Field	A two (2) match suspension
7. Receiving a second caution (Yellow Card) in the same match.	Field	A one (1) match suspension

When a member of team technical staff is dismissed by a Match Official, the following minimum suspensions are to be applied:

- Team Official cautioned will automatically be suspended for ONE (1) game to be served in the team's next match in the competition.

- Team Official dismissed from the technical area will automatically be suspended for TWO (2) games to be served in the team's next matches in the competition.

Notwithstanding the automatic suspension incurred, additional disciplinary action may be imposed by the Canada Soccer Disciplinary Committee.

3. *Misconduct Against Match Officials*

Notwithstanding the sanctions outlined in Section 2 above, where misconduct is directed at a Match Official in the circumstances described below, the minimum sanctions imposed shall be, but are not limited to, the following:

Name/Description of Misconduct	Field/Administrative	Minimum Suspension
1. Unsporting conduct towards a Match Official (using offensive, insulting or abusive language and/or gestures to a Match Official).	Field	A six (6) match suspension; or appropriate period of time.
2. Assaulting (elbowing, punching, kicking, spitting, hitting, biting, etc) a Match Official.	Field	A 15 match suspension; or appropriate period of time.
3. Intimidating or threatening a Match Official.	Field	A ten (10) match suspension; or appropriate period of time.

Any period of suspension, or part thereof, of a Player or Team Official which remains outstanding at the end of the Competition will be referred to the Canada Soccer Disciplinary Committee.

APPENDIX 4 - CAST AND INSULIN PUMP POLICY

Cast Policy

This Canadian Soccer Association (“Canada Soccer”) policy document is designed to reduce inconsistencies in rulings over players wearing casts. All referees are expected to follow these policies in all matches sanctioned by Canada Soccer.

Law 4 states that a player may not use equipment that is dangerous to himself or another player. This is further expanded upon in the Interpretations of the Laws of the Game whereby it is advised that players may use equipment that has the sole purpose of protecting the individual physically providing that it poses no danger to the individual or any other player.

Modern protective equipment made of soft, lightweight, padded materials are not considered dangerous and are therefore permitted.

Hard casts are considered to pose a danger to both the wearer and other players and are not permitted to be worn. The practice of padding a hard cast does not reduce the element of danger.

Players wearing a soft cast will be permitted to play if the cast does not present a danger to the individual or any other player.

The referee or Supervisor of Officials (if one has been appointed to the match/tournament) will make the final decision as to the acceptability of any cast.

Any player who uses a cast with the intent to intimidate or injure an opponent shall be cautioned or sent off.

Insulin Pumps

This Canadian Soccer Association (“Canada Soccer”) policy is designed to reduce inconsistencies in rulings over players with diabetes who wear an insulin pump. All referees are expected to follow these policies in all matches sanctioned by Canada Soccer.

An insulin pump is designed to ensure that the player maintains a proper blood glucose level during the match. An extended period without infusion of insulin may result in hyperglycemia (excess sugar in the blood).

Law 4 states that a player may not use equipment that is dangerous to him/herself or another

player. This is further expanded upon in the interpretations of the Laws of the Game whereby it is advised that players may use equipment that has the sole purpose of protecting the individual physically providing that it poses no danger to the individual or any other player.

A player wearing an insulin pump because of a medical condition is permitted to play providing he/she has received written medical clearance and is able to provide the referee with a note indicating such. The pump itself must not present a danger to the individual or any other player.

APPENDIX 5 - LIGHTNING AND SEVERE WEATHER POLICY

When thunder roars, go indoors!

The safety of players, coaches, management and spectators is the primary concern in any weather event that occurs during all matches sanctioned by Canada Soccer. By understanding and following the below information, the safety of everyone shall be greatly increased. Ultimately, the referee has the final say over delaying or restarting a match due to weather. Waiting to stop play or not waiting to start play may result in a serious injury or loss of life. Referees are expected to act responsibly when dealing with such events during matches they are controlling

If you can hear thunder, you can get hit by lightning. As soon as you hear thunder, quickly get to a safe location. More people are struck before and after a thunderstorm than during one. Stay inside for 30 minutes after the last rumble of thunder.

Additional Information

Please note the following recommendations from Environment Canada:

- To plan for a safe day, check the weather forecast first. If thunderstorms are forecast, avoid being outdoors at that time or make an alternate plan. Identify safe places and determine how long it will take you to reach them.
- Watch the skies for developing thunderstorms and listen for thunder. As soon as you hear thunder, quickly get to a safe location. If you can hear thunder, you are in danger of being hit by lightning. More people are struck before and after a thunderstorm than during one.
- Get to a safe place. A safe location is a fully enclosed building with wiring and plumbing. Sheds, picnic shelters, tents or covered porches do NOT protect you from lightning. If no sturdy building is close by, get into a metal-roofed vehicle and close all the windows.
- Do not handle electrical equipment, telephones or plumbing. These are all electrical conductors. Using a computer or wired video game system, taking a bath or touching a metal window frame all put you at risk of being struck by lightning. Use battery-operated appliances only.
- If caught outdoors far from shelter, stay away from tall objects. This includes trees, poles, wires and fences. Take shelter in a low-lying area but be on the alert for possible flooding.
- Be aware of how close lightning is occurring. Thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment and its distance from the observer.
- When larger groups are involved, the time needed to properly evacuate an area increases. As time requirements change, the distance at which lightning is noted and considered a threat to move into the area must be increased. Know where the closest “safe structure or location” is to the field or playing area and know how long it takes to get to that safe structure or location. Safe structure or location is defined as any building

normally occupied or frequently used by people, i.e. a building with plumbing and /or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and do not use the showers or plumbing facilities during a thunderstorm.

- In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle a safe shelter, but the hard metal roof which dissipates the lightning strike around the vehicle. Do not touch the sides of any vehicle!
- If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground because lightning current often enters a victim through the ground rather than by a direct overhead strike. Minimize your body's surface area and the ground! Do not lie flat! If unable to reach safe shelter, stay away from the tallest trees or objects such as light poles or flag poles), metal objects (such as fences or bleachers), individual trees, standing pools of water, and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.
- Avoid using the telephone, except in emergency situations. People have been struck by lightning while using a land-line telephone. A cellular phone or a portable remote phone is a safe alternative to land-line phones, if the person and the antenna are located within a safe structure or location, and if all other precautions are followed.
- When considering resumption of any athletics activity, wait at least thirty (30) minutes after the last flash of lightning or sound of thunder before returning to the field.

First aid for lightning victims

- Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strikes.
- Lightning victims do not carry an electrical charge and can be safely handled.
- Call for help. Victims may be suffering from burns or shock and should receive medical attention immediately. Call 9-1-1 or your local ambulance service.
- Give first aid. If breathing has stopped, administer cardio-pulmonary resuscitation (CPR). Use an automatic external defibrillator if one is available.

For additional information the following websites are helpful:

<https://www.canada.ca/en/environment-climate-change/services/lightning.html>
www.weatheroffice.gc.ca/lightning